



EndoVenous Ablation and Microphlebectomy Medication Directions

****It is important to adequately hydrate your self prior to your procedure. You may achieve this by drinking at least three 8oz glasses of water at least 1 hour prior to your procedure. Please avoid caffeine****

Ativan: Ativan is an oral sedative to help reduce anxiety. You **MUST** have a driver if you choose to take this medication. You will receive two pills per procedure. Please bring this medication with you to our office.

EMLA Cream: EMLA cream is used to numb your skin and can help reduce the discomfort caused by the local injections involved with the procedure. Apply **ONE ENTIRE TUBE (30grams)** of EMLA cream **TWO HOURS** prior to each procedure, after you have showered. Apply a coat of this medication to clean, intact skin, and rub in like you apply a lotion. Apply a second layer and leave a visible coat of this medication on the skin.

****If you are having more than one procedure, the prescription should include a tube (30 grams) for each procedure****

**** Generously apply cream to entire (ankle to groin) procedure leg****

After applying the **EMLA cream**, wrap the entire leg with **Saran Wrap**. This will be removed in our office just prior to the procedure. The cream is not always covered by insurance (although there is a generic substitution available), so please consult your pharmacy prior to purchasing the cream.

Norco: Norco is a narcotic pain medication. After the procedure, we encourage you to begin taking an anti-inflammatory (ibuprofen, Advil, Motrin, Aleve, etc.) If you continue to have pain, that would be a reason to take the pain narcotic. Please note you **CAN NOT** take **TYLENOL** and Norco at the same time.

If you have any questions regarding these medications, please contact **Pollie** at 913-574-0560.